

Stinging Nettle Quinoa Falafel with Nettle Yogurt Sauce

Ingredients

For the Falafel

- ½ cup dry quinoa
- 1 cup of stinging nettles, well-packed
- 1 cup of canned or rehydrated chickpeas
- 1 clove garlic
- 1 tbsp. nutritional yeast
- 1 tbsp. olive oil, plus more for cooking
- 1 tsp. lemon juice
- ¼ tsp. salt
- ¼ tsp. black pepper

For the Dressing

- 1 ½ cup vegan yogurt
- ½ cup stinging nettles, well-packed
- ¼ cup parsley, well-packed
- 1 clove garlic
- 2 tbsp. lemon juice
- Salt and pepper, to taste

To Serve

- Pita or [another flatbread](#)
- Purple onion, diced
- Lettuce, washed
- Tomatoes, cut into small pieces, or cherry tomatoes cut in half
- Hummus

Steps

1. Start the falafel. Cook the quinoa as directed on the package. While the quinoa cooks, place the nettles, chickpeas, garlic, nutritional yeast, olive oil, lemon juice, salt and pepper in a food processor, and process for a couple minutes. Once the quinoa is cooked, add it to the food processor and pulse to combine. Transfer the mixture to a bowl, and place in the fridge until it's cool to the touch.
2. In the meantime, add all the ingredients for the dressing in a blender and blend until smooth. Taste, adjust the seasoning to your preference.



3. When the falafel dough is chilled, remove from the fridge. Scoop out generous tablespoons, roll into balls, and flatten slightly into thick discs. Place on a baking sheet lined with a silicone mat. Choose to either cook the oven or the fried option.

4. *Baked Option:* Preheat the oven to 400°F (200°C). Brush the falafels with a little olive oil, and place in the oven for 15 minutes. Remove from the oven, flip, and bake for another 15 minutes.

5. *Fried Option:* Heat about half an inch of vegetable oil in a skillet to about 360°F (185°C). Place some falafel in the pan (but don't over-crowd, work in batches) and cook for about 2 minutes. Flip and cook for another 2 minutes. Remove from the oil, and let drain on a plate lined with a paper towel.

6. To serve, spread a little hummus in a pita. Add the lettuce, chopped tomatoes and onions, 3-4 falafel, and a few generous spoons of the yogurt nettle sauce.